

IRELAND CAFÉ – SPRING & SUMMER 2015



High Performance Foods

- Premium fuel for the Soldier Athlete
- Fresh and flavorful
- Nutrient dense
- Go for Green: Choose frequently

Moderate Performance Foods

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

Performance Limiting Foods

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



	Monday	Tuesday	Wednesday	Thursday	Friday
Specialty Bar	Potato Bar	Fajita Bar	Pizza (variety)	Taco Bar	
Daily Special	Pulled BBQ Chicken	Sloppy Joes	Chicken Tenders	Buffalo Wings	Chicken Tenders
Soup	Chicken Noodle	Chicken Enchilada	Italian Wedding	Chicken Tortilla	Black Bean
Soup	Broccoli Cheese	Baked Potato Chowder	Chicken Dumpling	Chicken & Wild Rice	Minestrone
Wraps	Chicken Ranch	Hero	Club	St. Louis	Chicken Caesar
Sandwiches	Roast Beef	Chicken Cranberry Salad	Submarine	Louisiana	Submarine
Salads	Spinach Chicken Salad	Chef Salad	Chicken Caesar	Asian Salad	Chicken Cranberry
Short Order	Hamburger, Cheeseburger, Hot Dog, Phillies, French Fries, Onion Rings (Tue/Thurs), Sweet Pot Fries (Mon/Wed), Veggie Burger, Grilled Chicken Sandwich				
WEEK 1(7-11 Sept)	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Meatloaf	Tortilla Crusted Tilapia	Jambalaya	Chicken Parmesan	Salisbury Steak
Entrée	Rotisserie Chicken	BBQ Ribs	Bratwurst & Sauerkraut	Beef Stroganoff	Lemon Crusted Fish
Starch	Mashed Potatoes/Gravy	Baked Beans	Steamed Rice	Spaghetti Noodles w/ Marinara	Mashed Potatoes/Gravy
Starch	Rice Pilaf	Macaroni and Cheese	German Potato Salad	Egg Noodles	Wild Rice
Vegetable	Broccoli	Southern Green Beans	Roast Zucchini w/ Onions	Broccoli	Roasted Brussel Sprouts
Vegetable	Maple Nut Carrots	Fried Cauliflower	Cabbage	Baby Carrots	Roasted Squash
Bread	Rolls (White, Wheat)	Cornbread	Rolls (White, Wheat)	Breadsticks	Rolls (White, Wheat)
WEEK 2(14-18 Sep)	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Glazed Ham	BBQ Pulled Pork	Buffalo Chicken Sandwich	Chicken Pot Pie	Yakisoba
Entrée	Roasted Turkey	Rotisserie Chicken	Cajun Red Beans and Sausage	Salmon Patty	Breaded Catfish
Starch	Dressing	Baked Sweet Potatoes	Macaroni and Cheese	Roasted Potatoes	Mashed Potatoes/Gravy
Starch	Mashed Potatoes/Gravy	Baked Beans	Steamed Rice	Rice Pilaf	Succotash
Vegetable	Southern Green Beans	Corn on the Cob	Southern Greens	Broccoli	Fried Cauliflower
Vegetable	Baby Carrots	Broccoli	Okra & Tomatoes	Normandy Blend Veggies	Cabbage
Bread	Rolls (White, Wheat)	Rolls (White, Wheat)	Cornbread	Cornbread	Rolls (White, Wheat)
WEEK 3 (1-4 Sept)	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Chili Mac	Orange Glazed Chicken	Steak Ranchero	Rotisserie Chicken	Spaghetti w/ Meat Sauce
Entrée	Smothered Pork Chop/Gravy	Pepper Steak	Chicken Enchilada	Pulled Pork	Italian Sausage w/ Bun
Starch	Roasted Red Potatoes	Steamed Rice	Refried Beans	Baked Beans	Noodles
Starch	Corn Casserole	Fried Rice	Spanish Rice	Baked Sweet Potatoes	Roasted Red Potatoes
Vegetable	Baby Carrots	Vegetable Egg Roll	Seasoned Corn	Peas & Mushrooms	Sugar Snap Peas
Vegetable	Southern Green Beans	Sesame Green Beans	California Medley	Baby Carrots	Normandy Veggies
Bread	Cornbread	Rolls (White, Wheat)	Rolls (White, Wheat)	Rolls (White, Wheat)	Rolls (White, Wheat)
Breakfast Served Daily	Cold Cereal, Oatmeal, Grits, Breakfast Burritos, Breakfast Sandwiches, Fruit, Pastries, Eggs, Omelets, Bacon, Sausage, Biscuits, Toast, Hash Browns, Yogurt Parfait, Cottage Cheese, Milk (1%, Skim, Chocolate), 100% Fruit Juice, Coffee, Tea				

Menu subject to change without notice due to product availability and inventory. We care about our customers! If you have concerns, please let us know at 624-9286.

Our menu is color coded to help you make informed choices: ●Green = Choose frequently ●Amber = Choose less often ●Red = Choose occasionally